

20 TIPS FOR MANAGING YOUR DRUG & ALCOHOL USE OVER THE HOLIDAYS

- #1** Alternate alcoholic and non-alcoholic drinks.
- #2** Ask a trusted friend/family member for support with limiting your drink/drug use.
- #3** Substitute non-alcoholic for alcoholic. A lime and soda looks the same as a vodka and soda
- #4** Set limits before going out and stick to them.
- #5** If you don't want to drink or drug then prepare a reason to avoid others pressuring you. E.g. you're taking medication so can't drink, or you're driving.
- #6** Drink plenty of water.
- #7** Eat before going out.
- #8** Avoid pre-drinking /pre-using before going to an event.
- #9** Prepare your own drinks and drugs so you know how much you're having.
- #10** Don't mix drugs, and don't mix drugs and alcohol.
- #11** Identify triggers that may lead to you using/drinking and prepare for managing these. Eg. If Grindr is a trigger, delete it and ask a friend to "enable restrictions" on your phone.
- #12** If time with family is a trigger limit the time spent with them. Prepare a reason you can give for doing this so that it's easier.
- #13** Surf the urge. It will peak then it WILL ease off. Distract & delay before acting on the urge.
- #14** Take each day one at a time. If you lapse try again the next day.
- #15** Spend time with people who don't use or drink.
- #16** Take care of yourself –eat good food, get enough sleep and exercise.
- #17** Try to have at least 2 drink and drug free days in a week.
- #18** Make a list of all the other things you want to do in the time you have off, and do as many of these as possible.
- #19** If you're having a hard time call a friend / QLife / Lifeline / ADIS* for a chat.
- #20** Remember you're not alone. Many people find the holiday period challenging and you will get through it.

QLife : 1800 184 527

Lifeline : 13 11 14

ADIS : 1800 422 599



If you are concerned about your drug or alcohol use
you can contact ACON for support (acon.org.au).

ACON reopens on the 8th Jan 2018

